

Program Reminders

KidKare Mealtimes

KidKare uses a "real time" clock when recording your meal times so be sure to double check the meal time you record is correct for AM or PM.



As always, you have until the end of the day (midnight) to record your meals.

REMEMBER: If you record your meals in the afternoon or evening, the meal time clock will automatically be set to PM so you will need to change the PM to AM when recording breakfast or am snack or the meal will be the incorrect time and therefore disallowed.

REMINDER: You are not allowed to record meals ahead of time.



Policy Updates



KidKare Support

For answers to KidKare questions and technical support go to <https://help.kidkare.com/help>



Upcoming Holidays & Closures

New Years - Monday, Jan 2nd
MLK Jr. Day - Monday, Jan 16th



December Claim Deadlines

Web Kids: Submit by January 1st
Scan Forms: Must Be Received by January 5th
(Late Scan Forms will not be accepted!)
Enrollment Forms: Received by January 5th

Continuing Development, Inc. (Choices for Children) is an equal opportunity provider..

Nutrition News



New CACFP Meal Pattern based on Dietary Guidelines/ChooseMyPlate

Family child care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children through the provision of nutritious foods. In addition, child care providers have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

The new CACFP Meal Pattern is based on the 2015-2020 Dietary Guidelines for Americans and ChooseMyPlate. Meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.

CCFP staff will be providing guidance, resources and training at monitor visits and through the newsletter and emails in order to transition to the new Meal Pattern which goes into effect **October 2017**.

Starting in January, Minute Menu will be issuing warning messages for meals and snacks that do not meet the new Meal Pattern requirements, so be sure to check your Claim Summary & Errors Report each month. You can view your Claim Summary & Errors Report in KidKare by going to: Reports>Claim Statements>Claimed Summary and Error>select month>Run.

REMEMBER: No meals will be disallowed until the new Meal Pattern becomes effective October 2017.

Fruits:
Focus on fruits.

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.


Vegetables:
Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity
Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

ChooseMyPlate



ChooseMyPlate.gov

Milk:
Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains:
Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans
Go lean on protein.

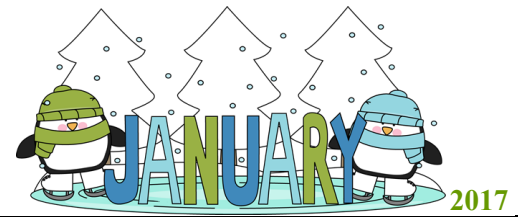
- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

Source: ChooseMyPlate.gov



Adapted from : www.fns.usda.gov/caefp/meals-and-snacks

CONGRATULATIONS!
Providers of the Month
JILLIAN SOLANDER
JUDY LIGON

Minute Menu Magic



BREAKFAST				
	Cottage Cheese		Pistachios	
Blackberries (05)	*Dried Fruit Compote (13)	Fresh Figs (14)	Kumquats (26)	Strawberries (43)
Kenmei Rice Bran (164)	Hot Wheat Berries (238)	Mini Bagels (03)	HM Persimmon Bread (02)	Familia Cereal (232)
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)
SNACK				
(Red) Potato Salad (225)	Bean Soup (121)	Starkrimson Pears (32)	Green Salad (155)	*Ricotta (01)
Whole Wheat Saltines(256)	Biscuits (05)	1% Milk (6)	Matzo Bread (248)	Canaps (6)
LUNCH/DINNER				
*Free-Form Enchilada Verde (138)	JILLIAN SOLANDER Chicken Breasts (30)	Grilled Cheese (132)	JUDY LIGON Salisbury Steak (17)	Sardines (84)
Butternut Squash (167)	Peas (218)	Tomato Soup (274)	Bell Peppers (187)	Mustard Greens (212)
Radish & Jicama Slaw (238)	Pineapple (34)	Asparagus Spears (153)	Guava (20)	Apricots (03)
Corn Tortillas (130)	Rice Pilaf (122)	Pumpnickel Bread (43)	Whole Wheat Flour Tortillas (134)	Syrian Bread (53)
1% Milk (6)	1% Milk (6)	1% Milk (6)	0% Milk (7)	1% Milk (6)

W E E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Eggs Cottage Cheese Monterey Jack and Ricotta Cheeses	Produce Mustard Greens Red Potatoes Bell Peppers Sweet Pepper Pineapple Kumquats Figs Guavas Cilantro Asparagus Butternut Squash Radishes Jicama Starkrimson Pears Strawberries Orange Blackberries Persimmons Green Salad	*Free-Form Enchilada Verde 4 C (32oz.) store-bought Salsa Verde 18 small Corn Tortillas 1 1/2 lbs. Butternut Squash, peeled and sliced 1/4" thick 1/2 C chopped Cilantro Preheat oven to 375°. Spread 1 C salsa in a 9X13 baking dish and top with 6 tortillas. Top with 1 C salsa, 1/3 of the squash, 1/3 of the beans and 1 C cheese, spreading evenly. Repeat the layering 2 more times, reserving 1 C cheese. Cover with foil and bake 1 hour, until squash is tender. Uncover and sprinkle with reserved cheese. Broil 8" from heat 2-3 min. or until bubbling and browned in spots. Remove from oven and let stand 15 min. Top with cilantro before serving. Serves , 3-5 years. <i>Source: Real Simple magazine, 10/15</i>	
	Frozen Peas		*Dried Fruit Compote 1 C pitted, dried Fruit (prunes, and/or figs and/or apricots) 1/2 Orange, 1/4" slices 1/2 C Water Put all ingredients in 1 Qt. saucepan and bring to a boil over medium heat. Reduce heat, cover and simmer until all fruit is soft (about 20 minutes). Remove cinnamon stick. Serve with hot breakfast cereal or over pancakes/waffle/French toast. Serves 10, 3-5 years. <i>Source: American Institute For Cancer Research newsletter, Winter 2017 (www.aicr.org)</i>	
	Meat Chicken Breasts Ground Beef	Canned/Bottled Sardines Salsa Verde Apricots Black Beans Tomato Soup Bean Soup	*Ricotta Canapés 16oz. part-skim Ricotta Cheese 2-3 tsp. Italian Herbs 1 box round Melba Toast Thinly sliced Radish or small Sweet Peppers Mix cheese and herbs. Spread on toast, topping with thin slice of pepper or radish. Serves , 3-5 years. <i>Source: American Institute For Cancer Research newsletter, Winter 2015 (www.aicr.org)</i>	
	Packaged Wheat Berries Pumpnickel Bread Syrian Bread Mini Bagels Whole Wheat & Corn Tortillas Kenmei Rice Bran Melba Toast Dried Fruit White Rice Matzo Bread Familia Cereal Pistachios Wh. Wheat Saltines			

